



Drinking alcohol during pregnancy is gambling with a child's life. When a mother takes a drink, so does her unborn baby or her nursing infant. Even an occasional drink can cause developmental disorders in a young child.

Kiwanis[®]

International

Fetal Alcohol Spectrum Disorders

Starting life sober



Distributed by your local Kiwanis club as part of the
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Young Children: Priority One



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What's the harm in just one drink?

There is no safe amount of alcohol for a developing fetus. The effects of even the occasional indulgence during pregnancy can be detrimental to a baby. Here are symptoms associated with Fetal Alcohol Spectrum Disorders:

- low birth weight
- small head circumference
- failure to thrive
- developmental delays
- organ dysfunction
- facial abnormalities, including smaller eye openings and flattened cheekbones
- epilepsy
- poor coordination
- poor socialization skills
- lack of imagination or curiosity
- learning difficulties
- behavioral problems



Fetal Alcohol Spectrum Disorders (FASD) are caused by the consumption of alcohol. As the average daily consumption of alcohol increases, so will the possible defects. Therefore symptoms will range widely and will commonly go unnoticed and undiagnosed at birth, but have lifelong implications.

100%

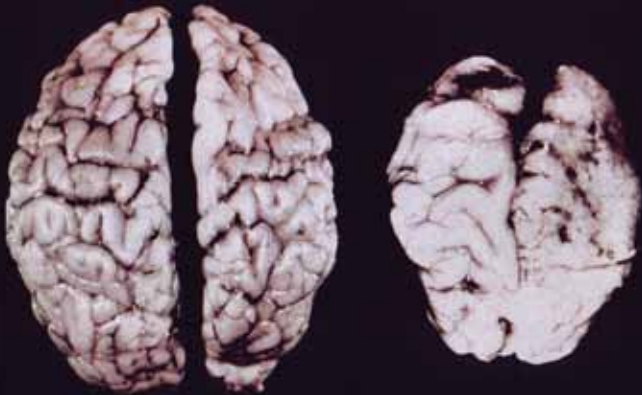
Fetal Alcohol Spectrum Disorders are 100 percent preventable. Here's how.

If you are pregnant or nursing, abstain from drinking alcohol. Instead opt for fruit juice, milk or water, something hydrating and nutritional for both you and your baby.

If you are trying to get pregnant, avoid alcohol even now. Many birth defects happen very early in development—sometimes before you even realize

you're expecting. To learn more about the early development of your child, go to www.nofas.org/family.

If you are pregnant and trying to quit drinking, seek support from your healthcare provider. Or join the local chapter of Alcoholics Anonymous. Find the nearest meeting at www.aa.org. Do it for your baby.



Brain of a 6-week-old baby with "normal" development

Brain of a 6-week-old baby with FASD